

**UNITY**  
CHURCH OF BAKERSFIELD  
"A POSITIVE PLACE TO GROW!"

Today's Lesson  
*A Matter of Surrender*  
PowerPoint notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

*A Matter of Surrender*

Last week the lesson was on how to surrender, how to get back your power by surrendering to a higher power.

*A Matter of Surrender*

The crabs of Dania Beach Blvd, Dania Beach, Florida

*A Matter of Surrender*

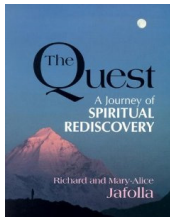
*A Matter of Surrender*

**LOT'S WIFE**  
don't look back

*A Matter of Surrender*

Destruction of the Temple in 70 AD by Rome is another example of what rigidity can do in our lives.

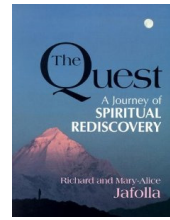
### ***A Matter of Surrender?***



In their book, *The Quest*, co-authors and Unity ministers, Richard and MaryAlice Jafolla share this story about surrendering.

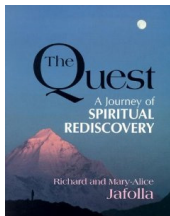
*Karen was only fourteen when her mother died. Less than a year later her father met and married Jean.*

### ***A Matter of Surrender?***



*Right from the start, the stepmother-stepdaughter relationship was a disaster. As hard as Jean tried, her efforts were fruitless. Karen was overtly hostile to her stepmother and took every opportunity to sabotage the marriage. She belittled Jean at home and in public.*

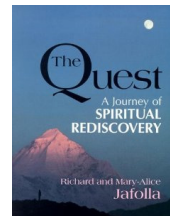
### ***A Matter of Surrender?***



*She “accidentally” broke some of Jean’s most treasured possessions. No matter how Jean tried to make things better, they only got worse. In one year’s time, Karen’s behavior was so bad that Jean was ready to leave the marriage.*

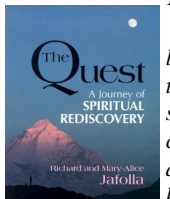
*At the end of her rope, Jean sought spiritual counseling at her Unity church.*

### ***A Matter of Surrender?***



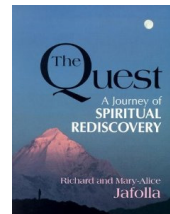
*She was told the obvious: she was powerless over Karen and would have to surrender the situation to God. For some reason these words impressed her. On an intuitive level, she knew they were true and was able to completely let go of the situation. At that moment of surrender, she experienced “a transcendent happiness.”*

### ***A Matter of Surrender?***



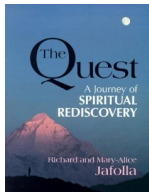
*These are her own words: “After I made the decision to let go, I immediately felt such tremendous release. I had finally surrendered the problem that was consuming my whole life, and I felt a transcendent happiness. I didn’t know what was going to happen with Karen or Bob or this whole mess. All I knew was that I was going to be okay.*

### ***A Matter of Surrender?***



*Karen came home a few hours later and must have been puzzled by how happy I was. But it didn’t stop her from starting in right where we had left off that morning. She yelled and cursed at me for going into her bedroom to get her sheets. She was enraged. But, for the first time, I was able to see the hurt little girl in her.*

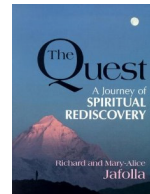
### ***A Matter of Surrender?***



*She reminded me of a wounded animal. Her world had fallen apart. Her mother had died just a few years before, and she had been forced to share her daddy with someone else. For the first time, I understood her pain.*

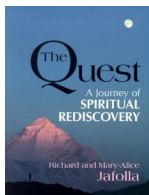
*I suddenly felt such love for her that I was compelled to hug her.*

### ***A Matter of Surrender?***



*So I did. She stiffened up but it didn't matter. I couldn't let go of her. She began sobbing quietly, trying to cover it up, but then the dam broke. She grabbed onto me and cried and cried and cried. We both did. When she stopped, we sat and talked for five solid hours. We even missed dinner.*

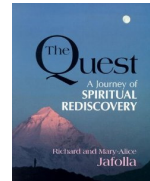
### ***A Matter of Surrender?***



*When Bob come home, we sent him out to eat. (Sensing something important was going on he didn't mind.)*

*Now Karen and I are both working at building a very special relationship. Oh, we still have our moments, but there is an underlying love and respect with none of that bitterness and resentment from before.*

### ***A Matter of Surrender?***



*We're not quite mother and daughter, but we're so much more than just friends. In my wildest imagination, I never could have envisioned this.*

*Discovering the spiritual principle of surrendering by turning all problems over to God for a solution gave new insight into building a better relationship with Karen."*

### ***A Matter of Surrender?***



Jesus taught how to surrender to God through the trinity of *trust, faith, and courage*. Spiritual surrender is a positive action that brings awesome results. the spiritual

### ***A Matter of Surrender?***



Case in point:

Your car breaks down, what do you do?

You look under the hood, keep trying to get the engine to start and still it doesn't do a thing.

### ***A Matter of Surrender?***



Yelling at the car won't get it to start. Kicking the car will only hurt your foot. Surrendering to the possibility that you are powerless at that moment to do anything is the first step in understanding the spiritual principle of surrender.

### ***A Matter of Surrender?***

When you surrender the situation to God this is what can happen:

- 1) With calm, clear presence of mind you are able to see your options here, call triple A, a mechanic, or someone who can get it started again;
- 2) You haven't given up or quit, but involved yourself in the process of finding a solution to the best of your ability;
- 3) And surrendering to the "higher power," in this case the mechanic, you now have a car that is running again.

### ***A Matter of Surrender?***



Many people confuse the spiritual principle of surrender with the act of quitting, and that's not the case.

In order to climb up the ladder of opportunity you must be willing to surrender each rung in order to reach your goal.

### ***A Matter of Surrender?***

To let go and surrender is not quitting. To let go means that we simply let go of the doubts and fears of the outcome.

Letting go means you focus your attention on God and let God unfold the perfect plan for you. This is called transformative surrender.

This is how it works:

1. You come to realize that staying in the problem will only continue to allow you stagnate and die, ultimately killing off what you have been trying to save.

### ***A Matter of Surrender?***

2. Once you make the decision to let go and let God, you begin a journey of knowingness that will lead you toward the solution.

3. With the knowingness comes a sense of peace as you rely on the divine activity of Spirit to guide, direct, and bring to you the answer you are seeking.

These three things add up to this amazing realization:

***God not only has an answer...  
God is the answer!***

### ***A Matter of Surrender?***

As I close today's lesson I would like to leave you with this poem by an anonymous writer:

***I am the place where God shines through,  
For He and I are one, not two,  
He wants me where and how I am,  
I need not fear, nor will, nor plan.  
If I just be relaxed and free,  
He'll carry out His plan through me.***